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Rotator Cuff Regeneten Implant (w/o RTC repair) Rehab Protocol

Phase / Goals	Immobilization	ROM	Therapeutic Exercises
Phase 1 (week 1) Goals: • Pain free passive range of motion • Diminish pain and inflammation	• Sling use full time first 48 hours, then use as needed • Sling use in public x 2 weeks	• Full PROM • Full active hand, wrist, elbow ROM • No lifting >5 lbs	• Codman exercises at least 4 times a day x 5-10 mins in sling • Scapular retraction, supine ER, supine passive elevation, shoulder shrugs • If Bicep Tenodesis: No resisted elbow flexion or supination for 6 weeks
Phase 2 (week 2-6) Goals: • Restore full ROM • Restore ADLs	• Wean from sling	• Full PROM and AAROM • Progress to full AROM • No lifting >10lbs	• Resume above • Start gentle isometric and isotonic exercises • Focus on shoulder and scapulothoracic strengthening and endurance • If Bicep Tenodesis: No resisted elbow flexion or supination for 6 weeks
Phase 3 (week 7-12) Goals: • Improve strength, power and endurance • Begin return to sport/work progression	• None	• Full ROM • No lifting >25lbs • Biceps lifting restrictions if tenodesis ○ Week 7-8: 5lbs ○ Week 9-10: 10lbs ○ Week 11-12: 25lbs	• Continue isometric exercises • Progress theraband exercises to 90/90 position for internal rotation and external rotation (slow/fast sets) • Gradual return to strenuous work and recreational sport activities ○ Clearance by Dr. Flikkema prior to full return, typically 12 weeks

Phase 4 (week 12+) Goals: Return to sport/work	None	- Full - No lifting restriction - Controlled and pain-free advancement of lifting	- Continue as above - Progress rotator cuff strengthening while maintaining scapulothoracic control - Progress overhead lifting - Work hardening and maintenance - Sport specific drills and exercises - Injury prevention
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CRITERIA FOR RETURN TO FULL ACTIVITY:

Functional pain-free active range of motion, maximized strength, proper scapulothoracic mechanics

PRECAUTIONS:

None